



COUNTYWIDE FITNESS CHALLENGE 2015



BE ONE WITH NATURE!

Always wanted to try circuit training? Now's your chance!
Join us for a day of family fun.

CIRCUIT TRAINING

ZUMBA

5K RUN

FITNESS POWER WALKS

SOFTBALL PLAYOFF

EXERCISE SESSIONS

NATURE WALKS

FREE GIVEAWAYS
DRAWING PRIZES

Alondra Community Regional Park

3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Avenue)
2nd Supervisorial District

**Saturday,
September 12, 2015**
8:00 a.m. – Noon

EVENT SPONSORS



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RSVP to secure your giveaways at <http://dhr.lacounty.info>



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